

Policy and Procedure on Concussion and Head Injury

PURPOSE:

The following policy and procedures are being implemented by the Botetourt County Parks, Recreation & Tourism Department with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

POLICY:

It is policy of Botetourt County Parks, Recreation & Tourism Department to educate coaches, referees, site supervisors, parents and participants of the signs, symptoms or behaviors consistent with sports induced concussions and the County's requirement that participants, under the age of 18, suspected of a concussion or head injury are required to be removed from the activity, must seek medical attention and then follow the proper procedures for return to play.

DEFINITION:

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion.

SIGNS OBSERVED BY OTHERS	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none"> Appears dazed or stunned Is confused about assignment Forgets plays Is unsure of game, score, or opponent Moves clumsily Answers questions slowly Loses consciousness Shows behavior or personality changes Cannot recall events prior to hit Cannot recall events after hit 	<ul style="list-style-type: none"> Headache Nausea Balance problems or dizziness Double or fuzzy vision Sensitivity to light or noise Feeling sluggish Feeling foggy or groggy Concentration or memory problems Confusion



B O T E T O U R T

Parks, Recreation & Tourism

PROCEDURE:

1. Distribution of Policy

- A. Parents, coaches, assistant coaches, site supervisors, and booster club officers associated with the sport activity should become familiar with and have access to a copy of the County Concussion and Head Injury Policy.
- B. Parents, coaches, assistant coaches, site supervisors, and booster club officers are strongly encouraged to view the "Heads Up: Concussion in Youth Sports" online course from the Center for Disease Control. This online course can be found at www.cdc.gov/concussion/HeadsUp/youth.html

2. Suspected Concussion Procedures

- A. Any participant exhibiting the signs, symptoms or behaviors associated with a concussion or head injury: (1) must be immediately removed from the activity and (2) may not again participate in any activity until cleared by an appropriate health care professional. REMEMBER WHEN IN DOUBT SIT THEM OUT!
- B. The injured participant may not be cleared for practice or competition the same day that the sign, symptom or behavior associated with a concussion or head injury was observed.
- C. The injured participants' parent or guardian should be immediately notified of the suspected concussion or head injury so that they can be evaluated by an appropriate health-care professional.
- D. An accident/ injury report form must be completed and submitted to the Botetourt Parks, Recreation & Tourism Department within 24 hours or on the next business day following the incident.

Physical Address: 30 West Back Street, #4, Fincastle, VA 24090

Fax Number: (540) 473-8605

Email: recreation@botetourt.org

The parent or guardian of a participant who is suspected of a concussion or head injury must submit written medical clearance from an appropriate health-care professional to their Booster Club AND the Botetourt Parks, Recreation & Tourism Department prior to returning to any activity. Players will not be allowed to participate until this document is produced.